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WALTER M. DICKIE, M.D., DIRECTOR

Weekly Bulletin



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GUY P. JONES
EDITOR

THE ROUGHAGE FAD.

By M. E. JAFFA, M.S., Chief Bureau of Food and Drugs.

History tells us that Hippocrates—styled the Father of Medicine—realized some four hundred and fifty years before Christ the fact that the diets then used contained too much roughage, thus causing more or less indigestion, and advised in place thereof a diet which did not include so much cellulose; in other words, smoother diets. His advice was not based on theory, but on facts ascertained by personal observation and treatments of patients. It would appear, however, that his instructive message has been more or less forgotten by the ardent advocates of the use of large amounts of coarse foods and too bulky diets. Such enthusiasts pay more attention than they should to the mineral composition of the food or food product, and do not realize the harm that may result to the human system by the continued use of such roughage, and this is particularly true and applicable in the case of the invalid.

The invalid is not the only one who is a martyr to the lack of the proper understanding of the fundamentals of nutrition. Little children are given, in the opinion of the writer, far too much raw, rough vegetables because of the fact that roughage is good and vitamins

are necessary. True enough, but except in pathological cases the indiscriminate use of rough, raw vegetables for wee little tots should be most seriously considered and the practice stopped.

The difficulties of digestion are not sufficiently kept in mind by those enthusiasts who prescribe alike for the adult, the invalid and the little tot. Bran, so valiantly heralded all over the country as a health food, possesses for man very low digestive coefficients, in that only 25 per cent of ordinary bran protein is available — if very finely ground, 40 per cent. The coefficient for carbohydrates in bran is 55 per cent, while the corresponding figure for white flour is 97 per cent.

Roughage is generally given for:

- (1) Tonic effect.
- (2) Mineral matter.
- (3) Vitamins.

If the system requires a roughage tonic, well and good. But the necessity for such diet should be ascertained, and also again its effect carefully watched before continued use.

Many persons can not stand roughage treatment, and, furthermore, the roughage is not necessary for either mineral matter or vitamins. Quite the contrary.

Mussel Ban Partially Raised.

The quarantine placed upon California mussels July 18, 1927, by the State Department of Public Health has been lifted in the following localities:

Coronado Beach, San Diego County.

Monterey, Monterey County.

Candle Stock Point, Bay Shore, San Mateo County.

Sierra Point, West Berkeley.

Winehaven, Contra Costa County.

Marine Island, Point Richmond, Contra Costa County.

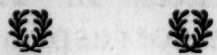
The quarantine order is still in force in all other parts of the state.

The order, issued July 18, reads as follows:

"Due to a number of deaths and the prevalence of cases of poisoning from eating mussels at this particular time, all mussels in the State of California are hereby quarantined, and all health officers and food inspectors are hereby instructed to enforce this quarantine and to prohibit the sale or offering for sale of mussels in the State of California until further notice.

Walter M. Dickie, M.D., Secretary,
California State Board of Health."

This order became necessary because of the appearance in July of 28 cases of mussel poisoning, 6 of which were fatal. Dr. Karl F. Meyer, Director of the Hooper Foundation for Medical Research, has cooperated in making an investigation into mussel poisoning and the releases upon the districts enumerated are based upon the results of Dr. Meyer's examinations of mussels from these localities. The quarantine is still in effect, however, in all other parts of California.



More Diphtheria Cases Last Year.

There was a slight increase in the number of cases of diphtheria reported last year, but the increase is not appreciable. Appraisal of the exact status of diphtheria can not be made until the mortality statistics are available. The numbers of cases of diphtheria reported during the past five years in California are as follows:

1923	9,532
1924	11,110
1925	5,575
1926	6,129
1927	6,408

Sewage Disposal Permits Pending.

The following applications for sewage disposal permits are pending before the State Board of Public Health, final action to be taken at the next regular meeting of the board to be held in San Francisco, February 4, 1928:

Buena Park Sanitary District—Application for permit to sewer to Orange County Outfall and Pacific Ocean.

San Diego—Application for permit to construct sewerage works at Pacific Beach, discharging settled sewage 1400 feet into Pacific Ocean opposite Loring avenue.

San Diego—Application for permit to construct a sewer system in Old Town District and discharge raw sewage into San Diego Bay at the Marine Base Outfall.

Moraga, St. Mary's College—Application for permit to build a sprinkling filter—sand filter, disposing of effluent into Las Trampas Creek or on the grounds for irrigation, flushing and fire protection.

San Bernardino—Application for permit to construct Imhoff tank and sprinkling filters at West Ranch, with disposal into Warm Creek.



Dr. King Ventura County Health Officer.

Dr. J. A. King of Ojai has been appointed health officer of Ventura County to succeed Dr. A. A. Maulhardt, who has served continuously for a period of many years.



Nurse to Work Among Indians.

The Office of Indian Affairs of the United States Department of the Interior has authorized the employment of a public health nurse to work among the Indians of Riverside County under the Mission Agency. At the present time physicians are working under the Mission Agency at Riverside in seven localities—Soboba, Pala, Santa Ysabel, Palm Springs, Morongo, San Manuel and Santa Ynez. The Office of Indian Affairs is disposed to supply every service which may be possible, and it is believed that the employment of a public health nurse will add greatly in extending and amplifying public health work among the Indians of this district.

Social Welfare Issues Bulletin.

The Department of Social Welfare of the State of California has begun publishing a bulletin which will be issued from time to time. Its purpose is to inform the public, and especially those engaged in social work, of the department's activities and program, and to provide the general public with information relative to matters that touch upon the social welfare of the state. The department, under the direction of Mrs. Anna L. Saylor, is accomplishing a large amount of work in organizing and developing the state program for the advancement of social welfare throughout the state.

The first issue of the bulletin outlines the organization of the department and carries articles pertaining to boarding homes, adoptions, care of the aged, mental hygiene, problem children and the adult blind. The new publication covers a field that has not been covered heretofore, and the forthcoming issues of the bulletin will be awaited by public health workers with interest and anticipation.



Many Lepers Sent To National Leprosarium.

In 1914 the California State Board of Health began a campaign for the establishment of a Federal Leprosarium, which activity culminated in the passage of an act of Congress in 1917 which provided for the building of such an institution at Carrville, Louisiana. This leprosarium was opened in 1922 and since that time California has sent seventy-one lepers to this institution. Sending lepers to Carrville relieves the counties of California of the onerous burden of caring for these patients, nearly all of whom are either foreign born or else residents of other states. The Federal Leprosarium was enlarged in 1924 bringing its capacity up to more than four hundred patients.

Lepers are transported from California to Carrville twice each year, in May and in December. The numbers sent each year since the leprosarium was established are as follows:

1922	30
1924	6
1925	17
1926	6
1927	12
Total	71

Poliomyelitis In New High Record.

As was the case in nearly every state in the Union, poliomyelitis (infantile paralysis) was more prevalent than ever before. There were 1274 cases of this dread disease reported in California last year and the mortality will be found correspondingly high. Fortunately, the Crippled Child Act, passed by the last legislature, will bring relief to many paralyzed children whose parents are unable to pay for treatment. California was one of the first states to suffer an outbreak of this disease last year. From the Pacific coast the disease seemed to travel through the southwestern states to the middle west and eastern states, traveling back over the northern part of the United States to the Pacific northwest. There has never been so disastrous a poliomyelitis year throughout the whole country. The numbers of cases reported during the past five years are as follows:

1923	251
1924	192
1925	821
1926	187
1927	1274



Whoever is to acquire a competent knowledge of medicine ought to have the following advantages: a natural disposition; instruction; a favorable position for the study; early tuition; love of labor; leisure. First of all, a natural talent is required, for when Nature opposes, everything else is in vain; but when Nature leads the way to what is most excellent, instruction in the art takes place, which the student must appropriate to himself by reflection, early becoming a pupil in a place well adapted for instruction. He must also bring to the task a love of labor and perseverance, so that the instruction, taking root, may bring forth proper and abundant fruits. * * * Possessing these requisites to the study of medicine and having acquired a true knowledge of it, we shall thus in traveling through the cities be esteemed physicians not in name but in reality. But inexperience is a bad treasure * * * the nurse of timidity and audacity. For timidity betrays want of powers, and audacity a want of skill.—Hippocrates.

MORBIDITY.*

Diphtheria.

132 cases of diphtheria have been reported, as follows: Alameda 1, Albany 1, Berkeley 4, Oakland 16, Los Angeles County 16, Burbank 2, Compton 1, Glendale 1, Long Beach 1, Los Angeles 32, San Fernando 6, Whittier 1, Salinas 1, Orange County 9, Santa Ana 3, Corona 1, Riverside 1, Sacramento 1, San Bernardino 5, San Diego 1, San Francisco 17, San Mateo County 1, San Mateo 3, Redwood City 1, Santa Clara County 1, Gilroy 3, Solano County 1, Ventura County 1.

Scarlet Fever.

202 cases of scarlet fever have been reported,

* From reports received on January 23d and 24th, for week ending January 21st.

as follows: Alameda County 1, Alameda 3, Berkeley 9, Oakland 20, Chico 1, Calaveras County 1, Fresno County 14, Fresno 2, Bakersfield 1, Kings County 2, Lake County 1, Los Angeles County 11, Alhambra 1, Long Beach 5, Los Angeles 27, Pasadena 3, South Pasadena 1, Vernon 1, Maywood 1, Sausalito 4, Modoc County 2, La Habra 3, Riverside 3, Sacramento 3, San Diego County 1, San Diego 15, San Francisco 38, San Joaquin County 1, Stockton 7, San Luis Obispo County 2, Redwood City 1, San Mateo 2, Santa Clara County 2, San Jose 3, Stanislaus County 5, Modesto 2, Tulare County 1, Exeter 1, Ventura County 1.

Measles.

70 cases of measles have been reported, as follows: Berkeley 1, Oakland 1, Fresno County 1, Fresno 8, Hanford 1, Los Angeles County 5, El Monte 1, Glendale 1, Hermosa Beach 1, Los Angeles 5, San Fernando 1, Monterey Park 1, Mill Valley 1, Orange County 1, Anaheim 1, Sacramento 3, San Bernardino 2, San Diego County 2, Ocean-side 2, San Francisco 13, Stockton 1, Arroyo Grande 1, San Luis Obispo 4, Mountain View 1, San Jose 3, Tulare County 1, Dinuba 1, Visalia 1, Tuolumne County 1, Sonora 1, Ventura County 1, Fillmore 2.

Smallpox.

30 cases of smallpox have been reported, as follows: Alameda 1, Berkeley 1, Hayward 2, Oakland 9, San Leandro 1, Los Angeles 1, Fullerton 1, San Francisco 3, San Joaquin County 4, Mountain View 1, Santa Cruz County 1, Redding 1, Cloverdale 2, Santa Rosa 2.

Typhoid Fever.

Three cases of typhoid fever have been reported, as follows: Oakland 1, Inyo County 1, San Francisco 1.

Whooping Cough.

140 cases of whooping cough have been reported, as follows: Berkeley 1, Oakland 6, Los Angeles County 13, Compton 3, Long Beach 10, Los Angeles 19, Pasadena 2, Orange County 15, Fullerton 1, Orange 1, Santa Ana 11, Seal Beach 2, Laguna Beach 5, Riverside 3, San Bernardino 1, San Diego 11, San Francisco 5, San Joaquin County 6, Stockton 3, San Luis Obispo County 2, San Mateo County 1, Santa Barbara County 5, Palo Alto 2, San Jose 1, Ventura County 8, Fillmore 1, Ojai 2.

Meningitis (Epidemic).

Four cases of epidemic meningitis have been reported, as follows: Los Angeles 1, Madera County 1, San Francisco 1, Stockton 1.

Poliomyelitis.

Six cases of poliomyelitis have been reported, as follows: Los Angeles 2, South Gate 1, San Diego 1, Santa Cruz County 1, Cloverdale 1.

Encephalitis (Epidemic).

Two cases of epidemic encephalitis have been reported, as follows: Los Angeles County 1, San Luis Obispo 1.

Leprosy.

Fresno County reported one case of leprosy.

COMMUNICABLE DISEASE REPORTS.

Disease	1927-1928				1926-1927			
	Week ending			Reports for week ending Jan. 21 received by Jan. 24	Week ending			Reports for week ending Jan. 22 received by Jan. 25
	Dec. 31	Jan. 7	Jan. 14		Jan. 1	Jan. 8	Jan. 15	
Anthrax.....	0	0	0	0	0	0	0	0
Botulism.....	0	1	0	0	0	0	0	0
Chickenpox.....	203	439	587	444	275	482	465	503
Diphtheria.....	140	141	142	132	133	192	166	181
Dysentery (Bacillary).....	0	4	6	0	5	1	0	0
Encephalitis (Epidemic).....	3	1	2	2	2	2	1	2
Gonococcus Infection.....	68	127	85	86	94	105	106	85
Influenza.....	27	35	34	41	36	37	48	39
Jaundice (Epidemic).....	0	0	0	0	0	0	0	2
Leprosy.....	0	0	0	1	1	2	1	0
Malaria.....	1	0	0	1	1	1	0	1
Measles.....	41	83	103	70	837	1275	1682	1687
Meningitis (Epidemic).....	2	5	9	4	6	6	4	2
Mumps.....	65	96	153	195	108	161	236	208
Paratyphoid Fever.....	1	1	0	0	0	0	1	0
Pneumonia (Lobar).....	144	80	78	61	154	110	105	70
Poliomyelitis.....	12	13	11	6	0	3	3	2
Rabies (Animal).....	9	5	21	20	6	6	10	5
Rocky Mt. Spotted Fever.....	0	0	0	0	0	0	0	0
Scarlet Fever.....	172	165	222	202	199	233	299	280
Smallpox.....	20	20	24	30	8	22	34	62
Syphilis.....	109	123	133	113	119	150	113	112
Tetanus.....	3	0	1	0	2	0	0	1
Trachoma.....	1	2	4	4	7	0	2	7
Trichinosis.....	0	0	0	0	0	0	2	5
Tuberculosis.....	142	132	203	187	184	157	136	186
Typhoid Fever.....	8	7	16	3	24	14	13	14
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	55	104	146	140	55	94	96	91
Totals.....	1226	1584	1980	1742	2256	3053	3523	3545